

THE SENSATION OF SWING^[edit]

The sensation of "swing" in rowing describes a emotional state that surpasses the basic technical aspects of the sport, because it creates a deep bond between the rowers and the boat which the water sits on. According to rowers the experience of swing emerges briefly yet powerfully as their physical work transforms into an emotional peak which they compare to a meditative Zen. The sensation of "swing" is both beautiful to the eye and to the feel of the body, boosting performance, thus becoming a vital study area of the sport.^{[1][2]} The swing is a result of exact combination of technical proficiency with perfect timing and synchronized movement between a crew. The experience of swing creates both technical mastery and emotional joy among team members which strengthens their unity and creates shared excitement.^[3] The neurological response to physical exertion leads to endorphin release which creates feelings of euphoria that resemble a "runners high". Rowers describe swing as their peak experience because of the biochemical response the body has to it, motivating them to always come back for more.^[4] The research shows that rowers who experience swing achieve better coordination with their teammates and obtain improved performance as one.^[5]

UNDERSTANDING SWING^[edit]

"Swing" is a cyclical motion reflecting the rowing stroke, where a athlete loads, drives, and accelerates the boat using large muscle groups before experiencing a brief moment of rest before the next catch.^[6] the concept of swing is not just about the mechanics of rowing; it embodies grace and power that can cause euphoric sensations similar to those experiencing ecstatic states in other endurance sports.^[2]

-Cognitive basis of swing: The neurobiological responses to physical exercise help explain why swing is associated with euphoria. Rowing exercise triggers the body to release endorphins together witch contribute to feelings of euphoria and pain relief.^[7] The sensation of swing in rowing captures the perfect synergy between physical exertion and emotional transcendence, creating the unique experience that defines the sport.

FACTORS CONIRBUTING TO SWING^[edit]

-Leveraging and Timing: The key to experience swing depends on proper leverage and timing execution throughout the rowing stroke. The swing requires precise timing because strokes that are off-beat create resistance which prevents a smooth, rhythmic

motion.^[6] The feeling of stroke timing stands as a critical element for moving from basic effort to the swing experience.

-Rhythm and Momentum: A steady rhythm serves as the foundation to develop a proper swing sensation. Rowers need to establish a rhythm which enables the boat to move effortlessly across the water while preserving momentum through continuous motion.^[6] The rower achieves this state through a flow which resembles a Zen meditation where they maintain relaxation while focusing intensely to enable the transition to swing.^[1]

-Synchrony of the Crew: The synchronization of crew movements plays a critical role in determining the swing sensation. When the rowers demonstrate high coordination and reduce harmful movements on the drive and recovery the experience of rowing becomes more enjoyable and easier.

-Psychological factors: the sensation of swing depends on both physical and psychological factors. A boat's performance relies on each rower's confidence level together with a relaxed concentrated state. Rowers who believe strongly in their abilities tend to experience the fluid motion and elegance of the swing they create.^[8] setting realistic and structured goals can help build confidence, enabling mini successes that reinforce their sense of achievement and propel them toward the euphoric feeling of swing.^[8]

TRAINING FOR SWING^[edit]

-Flexibility and body position: The correct body position stands as a fundamental requirement for effective swing. The rower faces challenges when trying to rock forward into position when they sit improperly on the machine usually because of limited hip/hamstring flexibility. The sit bones engagement together with hamstring flexibility helps a rower achieve a required forward rock during the stroke which enables more efficient body swing.^[9]

-Drills: training routines should include specific drills to develop an effective body swing. The pick drill serves as an effective tool for practicing body swing movement during the recovery phase of the stroke. Drills similar to it with arm movements before body motion and ending with a complete stroke, help slow down the feeling of swing.^[9] The reverse pick drill also is a good one, starting with legs only before adding in body movement and finally including the full stroke to help rowers understand and refine the technique of the stroke.^[10]

References^[edit]

- ^a
- [Jump up to:](#)
- ^{a b} **Title:** Rowing's search for swing - The Boston Globe
<https://www.bostonglobe.com/ideas/2016/10/22/rowing-search-for-swing/atZLkSvjEr05fp2d2Tg30J/story.htm> **Highlights:** Swing, in this sense, is closely related to Zen, or existential feelings bridging the ephemeral and the enduring.
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- [Jump up to:](#)
- ^{a b} **Title:** The search for “swing” in rowing - Kottke
<https://kottke.org/16/10/the-search-for-swing-in-rowing> **Highlights:** This “great exultation” is known to all oarsmen as “swing.” Swing is ephemeral and almost indescribable.
- ^a **Title:** The search for “swing” in rowing - Kottke
<https://kottke.org/16/10/the-search-for-swing-in-rowing> **Highlights:** It’s the challenge that keeps oarsmen rowing. It’s the moment when the physical propulsion of a shell evolves into a metaphysical feeling of transcendence. This is the essence of crew.
- ^a **Title:** The science behind the Hydrow high: flow state
<https://hydrow.com/blog/the-science-behind-the-hydrow-high-flow-state/>
Highlights: You know that feeling of “being in the zone”? Known as “flow state”, it’s being completely focused on an objective or task. Rowers have been found to achieve the flow state particularly well, especially when in a boat with other athletes. The sounds from the water rushing under the boat and your teammates’ breathing in unison, the sight of your teammates swinging together in the same workout, and the physical sensation of rowing in unison with teammates all contribute to the amazing feeling of “flow.”
- ^a **Title: Neurobiological effects of physical exercise - Wikipedia**
[Neurobiological effects of physical exercise](#) **Highlight:** Short-term increases in cortisol levels are associated with adaptive cognitive improvements, such as enhanced inhibitory control; however, excessively high exposure or prolonged exposure to high levels of cortisol causes impairments in cognitive control and has neurotoxic effects in the human brain. For example, chronic psychological stress decreases BDNF expression, which has detrimental effects on hippocampal volume and can lead to depression. Neurobiological effects of physical exercise
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- [Jump up to:](#)
- ^{a b c} **Title:** Technique self-help: creating that light-bulb moment
<https://plus.britishrowing.org/2020/08/26/self-help-technique-creating-that-light-bulb-moment/> **Highlights:** An analogy to help explain this concept might be a kid’s

yo-yo and the way you throw it away with a smooth, progressive force and let it wind itself back to your palm, returning your energy.

- **^ Title:** The science behind the Hydrow high: flow state
<https://hydrow.com/blog/the-science-behind-the-hydrow-high-flow-state/>
Highlights: The sounds from the water rushing under the boat and your teammates' breathing in unison, the sight of your teammates swinging together in the same workout, and the physical sensation of rowing in unison with teammates all contribute to the amazing feeling of "flow."
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- **Jump up to:**
- **a b Title:** This Is Your Brain During a 2k - Row 360
<https://row-360.com/this-is-your-brain-during-a-2k/> **Highlights:** Mini-successes will build a foundation of confidence. - Improve Your Fitness
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- **Jump up to:**
- **a b Title:** Building Teams with Swing - TeamsOfDistinction.com
<https://teamsofdistinction.com/about/beyond-team-building-swing/> **Highlights:** Swing is the near-perfect synchronization of talented people plowing ahead to achieve something no one else has, can, or ever will. It's not just talented people hitting their numbers; not just smart, motivated workers beating deadlines. It's a team doing something with an exponent over it; creating something that is greater than any one or two of them could ever do alone. All too often what are described as "teams" of people in an organization are really just pools or silos of individuals working in a "check the box" manner that fails to come even close to harnessing the power of swing. Great teams—Teams with swing—are identifiable by their forward progress. They continuously raise the bar, move forward, innovate on the run, achieve their goals, set new objectives and exceed benchmarks and expectations as they morph and adjust to leverage the opportunities that arise, as well as to tackle the challenges that may seek to halt their progress. They are truly People In Motion.
- **^ Title:** Coaches' Corner: Swing - Rowing Related
<https://www.rowingrelated.com/2010/12/coaches-corner-swing.html> **Highlights:** Coaches' Corner: Swing One of the most important, rhythmic sequences in the stroke is the movement of the upper body from the finish position through to the body-set position. The video above, published by Everett Rowing Association, is a good example of the benefits of good swing. The stern four of this crew have gone on to prominence in the collegiate rowing ranks, and the eight move very well together out of the bow. The video above, published by Everett Rowing Association, is a good example of the benefits of good swing. The stern four of this crew have gone on to prominence in the collegiate rowing ranks, and the eight move very well together out of the bow. Swing is easy to work on during the winter, as is team-wide uniformity of swing, by lining up the ergs at your training session and having the rowers do their steady state training together. If your team can match their hand and body movements as they establish good body position

on land, it will solve a great deal of issues when you take to the water once again in the spring. Swing begins with good posture at the release. The rower must be sitting tall, making sure that the ribcage is not collapsed over the hips. The abs must be engaged in this position, so that they can easily initiate the movement out of the bow. If the rower is hunched, the movement will become more complicated: rather than simply using the abs to draw the body forward, the rower will have to first sit up, then rock, making two movements out of one, and slowing the swing by damaging the flow out of the bow. Swing begins with good posture at the release.